

AFFILIATED WITH MUSIC TEACHERS NATIONAL ASSOCIATION**OhioMTA Executive Committee**
Columbus, OH at Suzanne Newcomb's
Wednesday, June 1, 2016

The Meeting was called to order at 10:00 AM by Andrea McAlister. Jerry Wong, Annette Hoverman, Suzanne Newcomb, Joy Morin and Richard Van Dyke were present

Minutes from the January 29, 2016 Meeting were approved on February 29, 2016 by E-Mail.

Treasurer's Report: Brent Schloneger (given by Andi in his absence)

- Andi presented the Balance Sheet as of May 26, 2016 (See Addendum 1)
- Additionally the Profit and Loss Report for July 1, 2015 through June 30, was presented (See Addendum 2)
- The Travel Grant \$50,000 CD was renewed and will mature 4/5/18.
- On June 17, 2016, Brent submitted the Annual Budget for 2016-17 (See Addendum 3). The budget was approved on June 18 via E-mail.

President: Andrea McAlister

- Discussion regarding the Fellow Nominee
 - Annette received one nomination for the State Fellow from the Southwest District and moved to nominate Richard Van Dyke as the 2017 MTNA Fellow from Ohio. The motion was seconded and approved
 - The Executive Committee agreed to select only one state nominee each year to become an MTNA Fellow.
 - Most Districts would prefer the donation of a prize to go for a Raffle. Further suggestions include identifying each district's prize and to include a monetary option.
 - Districts may choose to nominate their own MTNA Fellow but are responsible for raising money to support the nomination.
- Two new board members were announced
 - Collaborative Music - Richard van Dyke
 - MTNA Competitions - Jennifer Howell
- E-News opens are gradually declining.
- President-Elect will coordinate August mailing and will include all forms.
- Foundation Fund/Endowment: see Endowment Proposal doc Addendum 4
 - Take 10,000 to set up the foundation Fund. There will be a three year maturation period. Up to \$500.00 per \$10,000 upon maturation. We are able to earmark the money to wherever we decide. Andrea will put together a proposal to Earmark \$20,000 for this Fund.
 - The Proposal was sent by Andi via E-mail on June 18 and approved June 20 via E-mail.
 - We will gift the MTNA Endowment Fund \$20,000 with the intention of starting a scholarship fund for teachers/students and travel grants for MTNA Competitions who advance to the National Finals. This fund will not be available for 3 years, by which time the Executive Board will have established guidelines for use of said funds.
 - Two additional proposals were sent by Andi via E-mail for approval to designate the use of the funds on July 12, Both were approved on July 16 by E-mail
 - Use the funds to send a teacher or student to MTNA conference yearly. This idea is similar to the purpose of the endowment established by Texas MTA.
 - Use the funds to provide travel grants for MTNA Competitions finalists representing OH. In addition, when the endowment begins generating funds (presumably in 3 years), we will reimburse the general fund \$20,000 from our current Travel Grant Scholarship fund. This

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- will leave \$30,000 in our Travel Grant Scholarship fund. At that time, we can decide to a) continue managing that amount on our own, b) using it to bolster our \$20,000 endowment or c) setting up an endowment for a different purpose.
- Endowment Fund and Teacher Scholarships were addressed by one additional proposal by Andi via E-mail sent on July 16. This was approved via E-mail on July 22.
 - The MTNA Endowment Fund will be available to use in 2019. At this time, we will no longer be using our current CD for student travel purposes. Brent had proposed that we move \$20,000 from the CD to our general account at this time. This leaves us with \$30,000 still in that CD. I move that we take the remaining funds and any additional funds that are raised through the raffle and start an annual OhioMTA Teacher Scholarship that will provide one member with \$500 to use for travel to the MTNA National Conference, beginning in fiscal year 2019-20. Brent felt that this amount will be appropriate and would not put additional strain on our budget.

President-Elect: Suzanne Newcomb

- The Annual Newsletter will be mailed out on August 15. Submission deadline is July 15. This will include all forms for the upcoming Annual Events
 - Contact Brianna Matzke for advertising
 - The Newsletter is printed by Covap Inc (Cincinnati). The contact is Jennifer Iannitti (Jennifer@covap.com)
 - Brianna asked a question regarding companies that are being contacted by both the state publicity chair and conference committee - some are telling Brianna that they've already been contacted, thinking the state and conference ads are one in the same.
 - Work out a package deal for one or both mailing and conference advertising
- Forward any advertising suggestions to Brianna.
- Duties of the Officers Bylaws were revised by Western District. Suzanne moved to approve. Seconded. Motion approved.

VP-Conferences: Sonya Szabo-Reynolds (see addendum 5)

- 2016 Conference – Middle East District
 - November 3-5, 2016 Kent State Conference Center and Hotel
 - Collegiate Poster Sessions to Continue
 - Awards: \$250 – 1st place, \$150 – 2nd place, \$100 – 3rd place
 - “Bring A Friend” Saturday was proposed by the Conference Committee. Members will bring a friend for free on Saturday. Lunch will not be included. Motion to accept by Annette. Motion seconded. Motion approved.
- 2017 Conference - Middle West District (see addendum 6).
 - Conference date to be considered in October 2017
 - Irina Gorin will be the pedagogy presenter and Thomas Pandolfi will be the guest artist.
 - Annette Hoverman will Chair the event.
- 2016 MTNA Commissioning Composer Guidelines
 - Check the Website for details (<http://www.mtna.org/programs/commissioned-composer/>)

VP-Membership: Joy Morin

- See addendum 7 for Membership report and Wellness Report
- Certification – Siok Lian Tan
 - Certified Teacher of the Year decision will be announced in August
 - Requested forms be available on the website in an easy to navigate place

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- Suggested that we consider revising the policy to include sending all nominations to the State Level.
- Collegiate Chapter – Christopher Fisher
- IMTF – Krysti Schey
- College Faculty Forum – Frank Huang
- Wellness – Gail Berenson see report
- MTNA Website update:
 - IMTF questions and focus group presented to MTNA Consultant to include Directory for members and students. Also to consider Social Media on the website.

VP-Affiliated Districts: Annette Hoverman

- District updates
- Email contact with Presidents.
 - Southeast membership has concerns with declining Membership and requested suggestions on how to reach out to non-members to increase membership.
 - Give out membership details at events.
 - Post in local music stores.

VP-Student Activities: Jerry Wong

- MTNA Competitions will be held at Oberlin on October 14-16
- Still looking for a site for the 2016-17 Competitions
 - Past locations
 - 2009 Cleveland State
 - 2010 UC-CCM
 - 2011 BGSU
 - 2012 Oberlin
 - 2013 Kent State
 - 2014 Division Finals Baldwin Wallace
 - 2014 Capital University (Columbus)
 - 2015 Division Finals Lawrence University (Appleton, WI)
 - 2015 Bowling Green State University
 - 2016 Division Finals Goshen College
 - 2016 Oberlin College
 - 2017 Division Finals Central Michigan University
 - Buckeye Competitions: Michael Benson
 - Was held Malone University on June 10-11, 2016
 - Will be held at Malone University on June 9-10, 2017
- OhioMTA Scholarship Awards
 - Issue regarding multiple submissions from the same teacher. How to resolve.

Immediate Past President and Webmaster: Richard Van Dyke

- Updated Job Descriptions were submitted for the Collaborative Music Chair and Webmaster
- Still need to review and update all other board job descriptions
- The 2016-18 Slate of Candidates were selected on May 12 and offers were extended to all nominees. All candidates accepted their positions.
- Special thanks to the nominating committee
 - Richard Van Dyke, Committee Chair
 - Suzanne Newcomb, Current President-Elect
 - Gail Berenson

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- Merewyn Weinkauf
- Ana Yoder Coulter
- The Executive Committee for 2016-2018 will be
 - President: Suzanne Newcomb
 - President-Elect: Sonya Szabo-Reynolds
 - VP Conferences: Karen Campo
 - VP Membership: Michael Benson
 - VP Affiliated Associations: Joy Morin
 - VP Student Activities: Laura Melton
 - Treasurer: Brent Schloneger
 - Immediate Past President: Andrea McAlister

Meeting adjourned at 11:55 AM.

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Addendum 1

9:08 AM
05/26/16
Cash Basis

**Ohio Music Teachers Association
Balance Sheet
As of May 26, 2016**

	<u>May 26, 16</u>
ASSETS	
Current Assets	
Checking/Savings	
Checking Account	
Travel Grant Schl. Fund - Int.	279.91
General Scholarship Fund (MDP)	863.00
Checking Account - Other	<u>52,463.94</u>
Total Checking Account	53,726.85
Scholarship Funds	
OhioMTA Travel Grant Schol Fund	<u>50,000.00</u>
Total Scholarship Funds	50,000.00
Total Checking/Savings	<u>133,726.85</u>
Total Current Assets	<u>133,726.85</u>
TOTAL ASSETS	<u>133,726.85</u>
LIABILITIES & EQUITY	
Equity	
Opening Bal Equity	10,516.26
Retained Earnings	110,286.01
Net Income	<u>-3,377.44</u>
Total Equity	<u>133,726.85</u>
TOTAL LIABILITIES & EQUITY	<u>133,726.85</u>

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Addendum 2

9:10 AM
05/26/16
Cash BasisOhio Music Teachers Association
Profit & Loss
July 2015 through June 2016

	Jul '15 - Jun 16
Ordinary Income/Expense	
Income	
RCM Rebates	790.00
Advertising Income	600.00
Conference Income	
Donations	464.64
Registration	9,819.70
Exhibit Space	600.00
Ads	1,625.00
Total Conference Income	12,509.34
Composition Commission Matching	750.00
MTNA Competition	3,470.00
Dues	14,194.00
120 NEWS ADS	150.00
170 INTRST CHKG	114.10
Total Income	32,577.44
Expense	
Collegiate Poster Session Award	500.00
MDP Medals and Expenses	155.98
MDP Scholarships	1,000.00
Immediate Past President	156.09
Executive Comm. Conf. Reimb.	
VP for Student Activities	300.00
Immediate Past President	300.00
President	2,520.28
VP for Affiliated Associations	300.00
President-Elect	1,494.63
VP Conferences	750.00
Treasurer	1,050.00
VP Membership	267.97
Executive Comm. Conf. Reimb. - Other	300.00
Total Executive Comm. Conf. Reimb.	7,302.88
Teacher of the Year	65.69
Vice President for Membership	43.70
Technology	462.00
ComposerOfYear	1,500.00
Conferences	
Concerts	5,000.00
Refunds	165.00
Seminars	1,053.75
Office/Misc.	708.55
Facilities/Equipment	762.77
Conferences - Other	9,377.60
Total Conferences	17,067.67
Miscellaneous	350.00
MTNA Foundation	150.00
MTNA Competitions	
Hospitality	396.30
Travel Grants	936.17
Judges	3,126.20
MTNA Competitions - Other	721.42
Total MTNA Competitions	5,180.09
Bank Service Charge	0.00
Legal/Organizational	700.00
220 NEWS PRINT	1,291.17
Buckeye	
Facilities	710.00
Total Buckeye	710.00
Treasurer	
Office/Misc	12.15

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9:10 AM
05/26/16
Cash Basis

**Ohio Music Teachers Association
Profit & Loss
July 2015 through June 2016**

	<u>Jul '15 - Jun 16</u>
Total Treasurer	12.15
Total Expense	<u>36,067.62</u>
Net Ordinary Income	-4,090.18
Other Income/Expense	
Other Income	
Scholarship Fund Donations	5.00
Scholarship Fund Interest	<u>707.74</u>
Total Other Income	<u>712.74</u>
Net Other income	<u>712.74</u>
Net Income	<u><u>-3,377.44</u></u>

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Addendum 3

OhioMTA
2016-2017 Budget Proposal

	<u>INCOME</u>	<u>EXPENSE</u>	<u>NET</u>
Buckeye Auditions	\$1,650.00	\$2,600.00	(\$950.00)
Checking Account Interest	\$125.00		\$125.00
Composer of the Year	\$750.00	\$1,500.00	(\$750.00)
Conference	\$10,000.00	\$10,000.00	\$0.00
Dues	\$18,530.00		\$18,530.00
Collegiate Poster Session Award		\$550.00	(\$550.00)
Executive Board Conference Travel \$		\$8,200.00	(\$8,200.00)
Federal Tax Payment		\$100.00	(\$100.00)
Immediate Past President		\$25.00	(\$25.00)
MTNA Foundation (Gala)		\$150.00	(\$150.00)
Miscellaneous		\$500.00	(\$500.00)
MTNA Competitions	\$3,250.00	\$7,500.00	(\$4,250.00)
MTNA Foundation Chair		\$75.00	(\$75.00)
Printing/Mailing		\$700.00	(\$700.00)
President		\$100.00	(\$100.00)
President-Elect		\$100.00	(\$100.00)
MDP Medals & Expenses		\$400.00	(\$400.00)
Tax Preparation/Audit		\$300.00	(\$300.00)
Teacher of the Year Exp.		\$75.00	(\$75.00)
Technology (Incl. website)		\$650.00	(\$650.00)
Travel Grants	\$900.00	\$1,300.00	(\$400.00)
Treasurer		\$100.00	(\$100.00)
VP for Affiliated Associations		\$50.00	(\$50.00)
VP for Conferences		\$75.00	(\$75.00)
VP for Membership		\$100.00	(\$100.00)
VP for Student Activities		\$50.00	(\$50.00)

MDP rebates and corresponding student scholarships are not included in the budget, as we spend only what we receive. \$5.00

Travel Grant income represents the approximate amount of interest our Scholarship Fund is expected to generate during 2015
\$35,205.00 \$35,200.00

AFFILIATED WITH MUSIC TEACHERS NATIONAL ASSOCIATION**Addendum 4****Proposed: OhioMTA begin an Endowment Fund for Teacher Scholarship through the MTNA Foundation/Endowment Fund.**

MTNA Endowment Fund: <https://mtnafoundation.org/endowment-funds/establishing-an-endowment/>

1. The endowment can be fundraised from a variety of sources, but it must be fully funded within three years of its establishment or it is transferred into the General Endowment Fund. While Texas started the process of creating an endowment this past summer, the bulk of the fundraising was all done in the first couple months of 2016, so it can be done pretty quickly. I'm happy to get you in touch with Celinda to talk about strategy.
2. Once the endowment is fully funded, it has to mature for 12 quarters (3 years) before it is distributed. Typically a \$10,000 endowment produces an annual income of about \$500, based on the Board established endowment spending policy which is the rolling average of the fund for 12 quarters. This helps to even out the highs and lows of the stock market.
3. We will work with Ohio on what the proceeds of this fund. Typically some sort of grant or award. Texas, for example, is funding (once the 12 quarters have passed) sending a young professional from the South Central Division to attend the MTNA National Conference.
4. If you'd like to be recognized at the Gala in Baltimore the endowment would need to be at least 90% funded by February 1, 2017 to appear in our printed publication that is done for the Gala.

Here's what we have now (from Brent):

Travel Grant Scholarship Fund - 2-yr. CD (matures 4/5/18) - \$50,000 principal. This CD will generate roughly \$75 per month. The proceeds are used for providing travel grants to those attending MTNA National Competitions.

Scholarship Fund - this fund is a money in-money out fund. The money comes in from RCM and is distributed to students who apply for student scholarships (\$200 max).

For the endowment, we could:

1. Set up a completely new endowment, and leave the other two funds alone.
2. Set up an endowment now with \$50,000 from the general fund with the intention of replacing the money to the general fund from the CD principal in three years when the endowment begins to distribute. Then, the endowment money would be our travel grant scholarship fund.
3. Like #2, but also include money from our general Scholarship Fund.

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Addendum 5

OhioMTA

VP-State Conferences Report: June 1, 2016

submitted by Sonya Szabo-Reynolds

2016 State Conference (November 3-5, Kent State University Hotel & Conference Center)

Karen Campo (ME District Conference Committee Chair) will submit the following information to Richard by June 15 deadline for 2016 State Conference webpage to “go live” on July 1:

- Schedule
- Conference Artists Sessions and Bios
- Presenter Sessions and Bios
- Composer of the Year, Title of Composition (if available) and Bio
- Fees for the Conference and meals

Karen will also provide the following additional information for conference webpage:

- Hotel registration information
- Composer of the Year bio and headshot (JPEG file)
- Any other miscellaneous updates
- Programs for the recitals/performances

2017 State Conference

Site: Niswonger Performing Arts Center, Van Wert

Dates: October 12-14, 2017

Conference Committee Chair (MW District): Annette Hoverman

Conference Artist: Thomas Pandolfi

- Pandolfi concert will be at no cost to OhioMTA as he will be part of a Niswonger concert series
- Conference attendees will receive complimentary ticket to Pandolfi concert
- Pedagogical clinicians being considered: Irina Gorin and/or Ingrid Clarfield

Hotels available & Transportation:

- Comfort Inn of Van Wert (\$80-\$90/night)
- Holiday Inn Express of Van Wert (\$95-\$110/night)
- Free shuttle service will be available to and from Niswonger PAC

See attachment “Proposal to OMTA State Conference 2017”, accepted by Middle West District’s conference planning committee April 5, 2016 for complete details.

Note: Niswonger’s total estimated costs to OhioMTA=\$5100.00 (this amount includes Pandolfi concert and \$500 clinician fee)

Meetings attended at 2016 MTNA National Conference

East Central Division Meeting

Composer Commissioning Open Meeting

See attachment “State MTNA Guide Composer Commissioning Program”, updated in 2015 by Dr. Ann Rivers Witherspoon

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Addendum 6

VP-State Conferences Report (6/1/2016) - Attachment

Proposal to OMTA State Conference 2017

[accepted by Middle West District conference planning committee April 5, 2016]

Date: TBD (Thursday, Friday, Saturday in Sept./Oct.)

Location: Niswonger Performing Arts Center of NW Ohio

Hotels available: Comfort Inn of Van Wert (\$80-\$90/night)
 Holiday Inn Express of Van Wert (\$95-\$110/night)
 Free Shuttle service will be available to and from the Niswonger.

Rooms available in the Niswonger: 1200 seat performance hall
 175 seat Lecture Hall
 Upper Lobby with seating for 100
 Lower Grand Lobby with seating for 150
 Green Room seating for 20
 Stage of Performance Hall with seating for 80
 (1) Ensemble Room and (3) Practice Rooms

Other Niswonger amenities: Coat check
 Concessions
 Baldwin SD10 Concert Grand Piano 9' with artist bench
 Other acoustic and digital pianos as requested and available
 Music Stands and chairs
 Round tables and chairs available as requested
 Power point and projection
 Tech person
 House Manager (who can assist with catering and lodging needs)

Fees:	Facility rental for Thursday, Friday, Saturday	\$3500
	Cleaning and janitorial fees	\$900
	Incidental costs: piano, tuning, etc. TBD	\$200 (estimated)
	Friday night concert (Concert Pianist, Thomas Pandolfi possibly?)	Free to attendees
	Clinician Fee for Pandolfi:	\$500

Total estimated costs to OMTA: \$5100

Quote prepared by: _____ Date: _____
Paul Hoverman, Executive Director

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Addendum 7

VP for Membership Report

OhioMTA MEMBERSHIP REPORT BY MONTH

	Jul 31	Aug 31	Sep 30	Oct 31	Nov 30	Dec 31	Jan 31	Feb 28	Mar 31	Apr 30	May 30	Jun 30	Year End	%
2005-06													776	
2006-07													764	
2007-08													771	
2008-09													740	
2009-10													745	
2010-11													708	
2011-12													645	
2012-13													658	
2013-14													620	
2014-15	476	520	593	609	615	617	630	636	640	640	640	640	640	3.23%
2015-16	454	513	563	589	597	602	617	621	625	628				

OhioMTA Executive Board Meeting
Wednesday, June 1, 2016

Membership as of April 30, 2016 totals 628 members. At this time last year, membership was 640.

At the recent MTNA conference in San Antonio, I had the opportunity to learn more about MTNA’s ongoing efforts towards creating a new website when I attended the IMTF Forum Meeting on Monday, April 4. MTNA is currently working with a consultant, Jon Reischel, from ColorNine, to fully research what the membership needs and desires out of the MTNA website. After the research phase, the web development stage will last at least 4-6 months. During the IMTF Forum Meeting, Jon asked for volunteers to spend 45 minutes in a Focus Group – for which I volunteered.

I also attended the Local Associations Meeting, where I learned that MTNA’s membership numbers have been in decline for the past 10 years; however, this year, membership is ahead. Many ideas for membership and marketing efforts were shared.

Gail Berenson, Wellness Chair, submitted a report describing musician wellness events to occur across the nation as well as online via webinar. Her complete report is attached. No reports were offered by Siok Lian Tan, Certification Chair; Christopher Fisher, Collegiate Chapter Chair; Krysti Schey, IMTF Chair, or Frank Huang, CFF Chair.

Respectfully submitted,

Joy Morin
VP for Membership8

AFFILIATED WITH MUSIC TEACHERS NATIONAL ASSOCIATION**Wellness Report submitted by Gail Berenson, Chair**

Here's the latest wellness information from OhioMTA's Wellness Chair, Gail Berenson.

The College Music Society's Committee on Musicians' Health, chaired by Gail Berenson, has produced its second Webinar, now available "free of charge" to the public

at: http://symposium.music.org/index.php?option=com_k2&view=item&id=11119:cms-webinar-series-on-musicians-health&Itemid=126

"A Musician's Guide to the Brain: What We Need to Know and Why"

Presenter: Dr. Lois Svard (Professor of Music Emerita, Bucknell University)

Neuroscientists have been studying musicians and the process of making music for the past 20 - 30 years. Since we musicians have been the subjects of so many studies, why don't we know more about the results of some of this fascinating research? For example, are we hardwired for music? How do we learn music, and what is this process called "plasticity" that changes our brains as we learn? Are there ways to practice that produce more effective learning, helping to alleviate stress whether in performance or in test-taking? This session introduces a few basics about the brain and music that will help us in the teaching studio, the classroom, the rehearsal room, and on stage.

The first Webinar we sponsored can also be

accessed: http://symposium.music.org/index.php?option=com_k2&view=item&id=11016:cms-webinar-athletes-and-the-arts-what-musicians-can-learn-from-athletes&Itemid=126

Athletes and the Arts - What Musicians Can Learn from Athletes

Randall Dick (Athletes and the Arts) and Dr. John Snyder (Artists House Foundation)

Initiated in 2008, Athletes and the Arts (AATA) is a multi-organizational initiative recognizing that athletes exist throughout the performing arts community and that established performance, wellness and injury prevention research for sport athletes also is applicable to performing artists. Performing artists of all ages and genre are an under-served population who can benefit from a knowledgeable medical team that understands what they do (including the volume and intensity of their activities) in collaboration with a caring, innovative instructor who sees both the short- and long-term picture for a student's development. This webinar introduces the AATA initiative, discusses how it helps address the NASM health and wellness standard, and provides educational resources and thoughts on how to optimize both performance and health for the performing artist. For more information visit the [AATA website](#).

Please note: Although College Music Society Webinars are available when they air only to CMS members, as a benefit of membership, about a week after they air, they are archived and from that point on are accessible by anyone around the world at **NO** charge. Here is the link for all archived CMS Webinars: http://symposium.music.org/index.php?option=com_k2&view=itemlist&task=user&id=2478:cmswebinars&Itemid=126

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Our committee has also put together an entire series of six new Webinars that will air during the fall of 2016. They are currently listed at the following

link: http://www.music.org/index.php?option=com_content&view=article&id=2222&Itemid=2011 If there are other wellness topics you'd like to see us address in the future, please let me know. We're planning another series of Webinars for 2017. I have attached the list, along with descriptions of each session, to this message (also see the titles and presenters below).

I. The Role of Collegiate Faculty and Administrators in Addressing Musicians' Health

Several years ago, the National Association of Schools of Music (NASM), in collaboration with the Performing Arts Medicine Association (PAMA), published a series of Health Advisories on the topics of hearing health, musculoskeletal health, vocal health and mental health, with the intention of urging postsecondary schools and departments of music to pursue ways to integrate this important information into the music curriculum.

This series of Webinars, hosted by the CMS Committee on Musicians' Health, will address each of these subjects in ways that will help administrators and faculty embrace these topics and discover practical strategies to keep our music majors both physically and psychologically healthy as they pursue their career goals.

Webinars in this series include the following:

September 9: NASM Health Advisories: Implementing the Standards into the Curriculum from the Start - Dr. Linda Cockey (Salisbury University)

September 30: How to Prevent Practice Wear and Tear from Progressing to a Playing Related Musculoskeletal Disorder (PRMD") - Dr. Serap Bastepe-Gray (Peabody Conservatory)

October 14: Challenges and Opportunities for College Professors Regarding Inclusion of Mental Health Courses in the Music Curriculum - Dr. Julie Jaffee Nagel (Michigan Psychoanalytic Institute)

November 18: Vocal Health Protocols in Academic Institutions - Dr. Emily Martin (Bucknell University)

December 2: Mindfulness Practice for Collegiate Music Students and Faculty - Dr. Vanessa Cornett (University of St. Thomas)

December 16: Hearing Wellness for Music Educators - Dr. Heather Malyuk (Sensaphonics Hearing Conservation)

In addition, here is a link to MTNA's wellness resources - this includes an extensive, annotated Wellness Bibliography, a Wellness Resource list, a podcast on Performance Anxiety, etc. <http://www.mtna.org/member-resources/wellness-resources/>

Also, here is the link to the ISME Musicians' Health and Wellness special interest group. <http://www.isme.org/our-work/special-interest-groups/musicians-health-and-wellness>